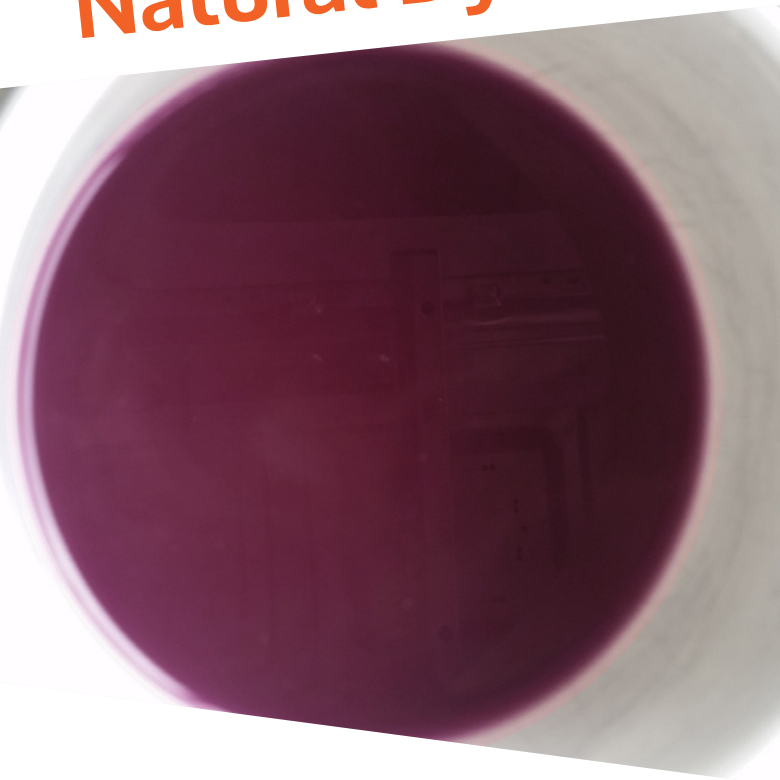


# Natural Dyes - Pink



## Items needed

- Large saucepan
- 1x beetroot
- Water

## Instructions

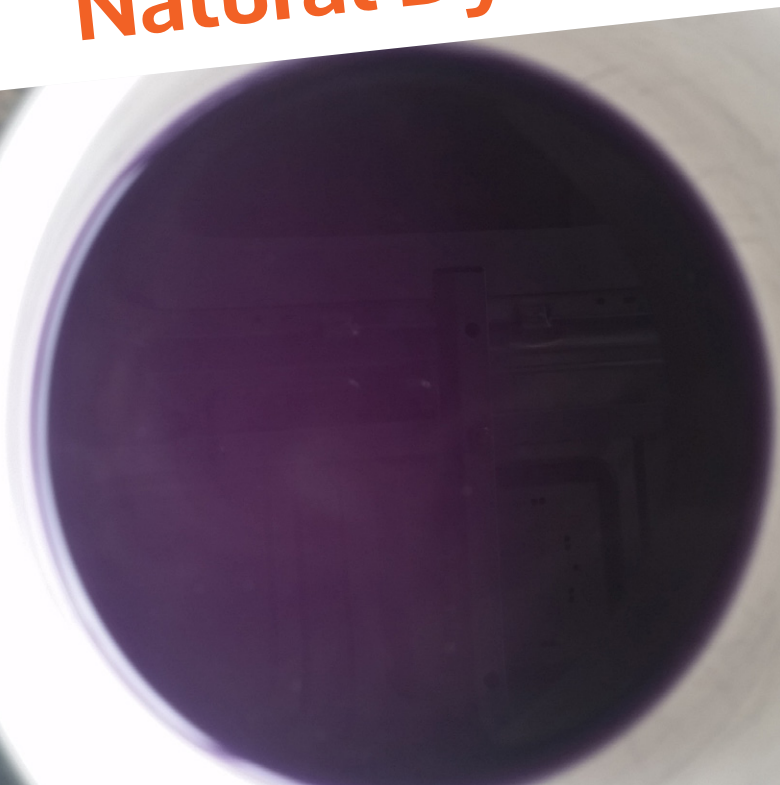
Chop beetroot to approx. 2cm square chunks. Place in your pot with enough water to just cover the beetroot pieces.

Boil for 10mins. Remove from the heat and let cool. Strain the liquid and it's ready to use.

Using the liquid in place of water to cook rice or pasta. Gives a fantastic colour. Store in an airtight container in the refrigerator for up to 6 weeks.

Add your homemade all natural food colouring to icings, frostings or batter. Add more colouring, if necessary.

# Natural Dyes - Purple



## Items needed

- ½ cup blueberries, fresh or frozen
- ¼ cup water

## Instructions

In a blender or food processor, blend the blueberries and water together until smooth. I like to use frozen berries because they have better colour when defrosted. Pass through a sieve to remove the skins and pulp from the mix so you are just left with the purple liquid.

Store in an airtight container in the refrigerator for up to 6 weeks.

Add your homemade all natural food colouring to icings, frostings or batter. Add more colouring, if necessary.

# Natural Dyes - Yellow



## Items needed

- Small saucepan
- 1 tsp turmeric
- ½ cup water

## Instructions

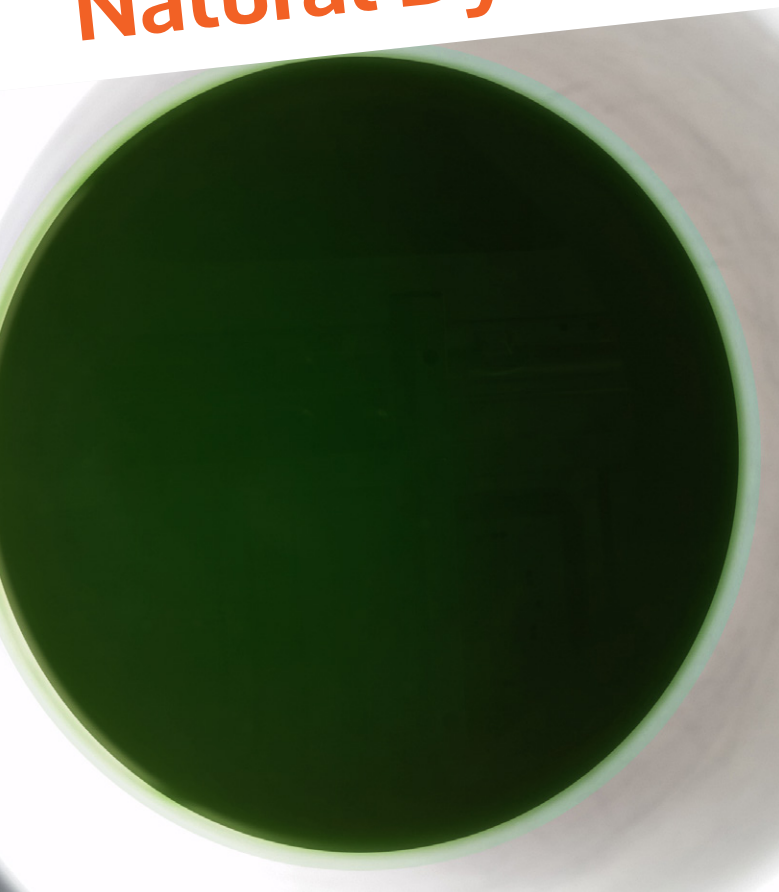
In a small saucepan, simmer the water and turmeric for 2 to 3 minutes. Allow to fully cool.

Store in an airtight container in the refrigerator for up to 6 weeks. Turmeric can stain, so use a container you don't mind turning yellow.

Add your homemade all natural food colouring to icings, frostings or batter. Add more colouring, if necessary.

For a stronger colour reduce your liquid a little more in your initial boil.

# Natural Dyes - Green



## Items needed

- Small saucepan
- 1 cup spinach, fresh or frozen (if frozen, thaw and drain)
- ½ cup water

## Instructions

If using fresh spinach, in a small saucepan, simmer the spinach and water for 2-3 minutes. Don't cover the spinach as it will dull the green color. If using frozen and thawed spinach skip this step.

In a blender or food processor, blend the spinach and water together until completely smooth. Pass through a sieve to remove the leaves.

Store in an airtight container in the refrigerator for up to 6 weeks.

Add your homemade all natural food colouring to icings, frostings or batter. Add more colouring, if necessary.